

# Eat Smart Be Smart

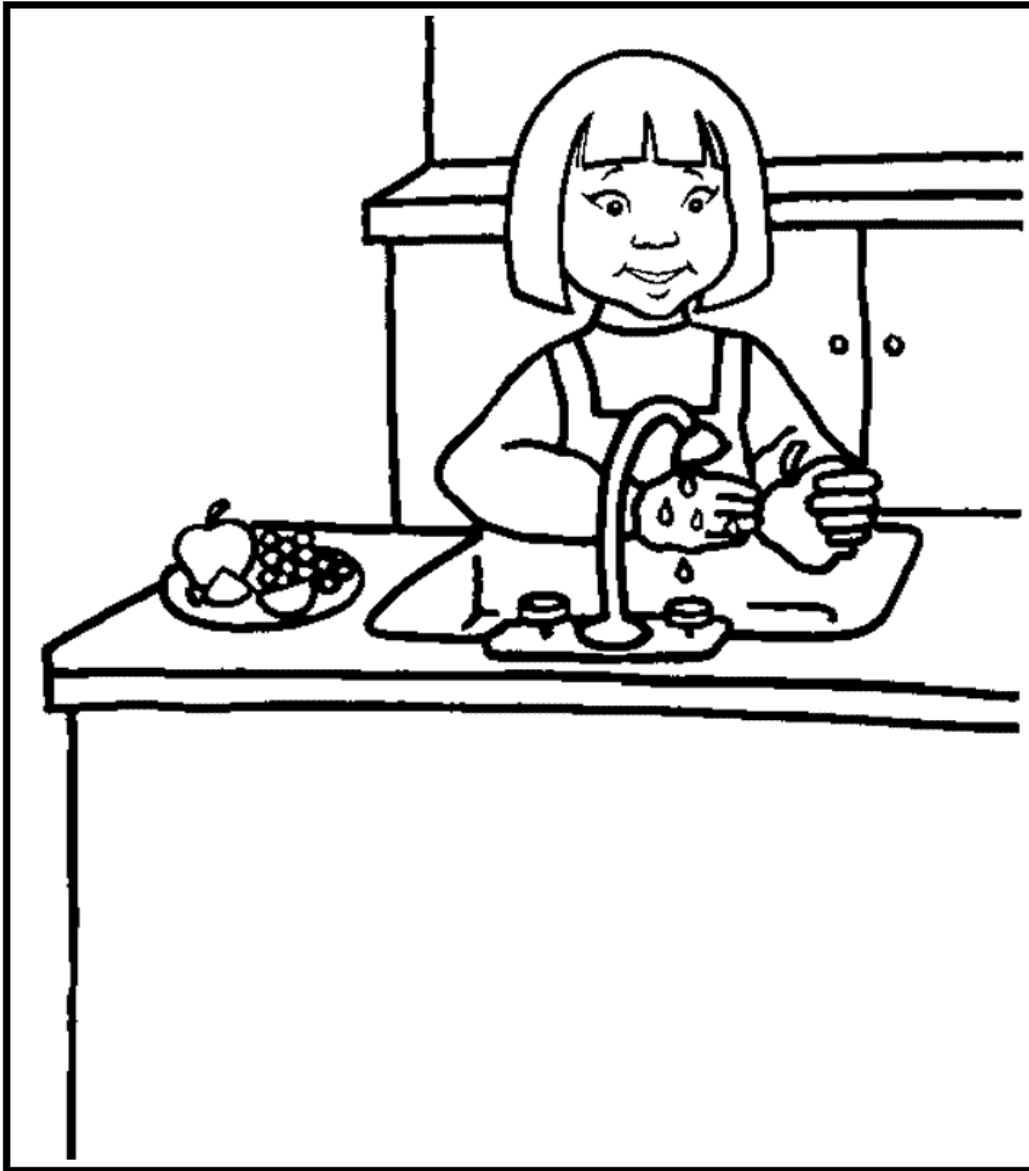
## 4 Fight BAC Steps to Keep Food Safe to Eat

1. Wash and dry your hands before you make or eat a snack or meal.



# Eat Smart Be Smart

2. Fruits and vegetables are healthy after-school snacks. Be sure to wash them with cold water before you eat them.



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3. Put back packs on the floor, not the counter.  
Keep everything in the kitchen clean.



4. Refrigerate things that should be kept cold.

Activity Page -

What goes in the refrigerator?

Draw lines to the refrigerator or the cabinet.

